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## The Inkwell

Armstrong Atlantic State University

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### Inside This Issue:

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**melvinSLOAN**  
Staff Writer

When eight young men gathered in Lane Library on one rainy November night in 1996, they had no inkling of the significance of their gathering. From those humble beginnings, a new spirit of an outstanding organization was born. Forced to deal with little contact with other students of the same interest, they sought a solution to this and other problems. While surfing the internet they discovered a site that talked of a group of men who had faced similar problems. Those men were the ten founders of Kappa Alpha Psi Fraternity, Inc.

After many unsuccessful attempts to find the needed information to establish a chapter of Kappa Alpha Psi Fraternity, Inc. on the campus, their luck changed for the better. A student from a neighboring school, Savannah State University, helped the group schedule a meeting with key members of the fraternity's Savannah Alumni Chapter in Lane Library. The students were told the requirements and informed to keep their grades up. Much time went by and though little changed the dedicated few still did not give up

# THE INKWELL

Armstrong  
Atlantic  
State  
University



*Members of Kappa take a minute to pose for our cameras at AASU Day.*

three bold students has taken a life of its own. The rag-tag group of intrepid college men multiplied and grew to become the Omicron Beta Chapter of Kappa Alpha Psi Fraternity, Inc. The simple ideal that attracted them to the fraternity has remained the same: Achievement. The mission the group adopted: Training For Leadership While In Pursuit Of Perfection.

The men of Omicron Beta possess an unwavering dedication to the ideals and objectives of the fraternity, a fact that is illustrated in the various service events sponsored by the chapter. Recently, Omicron Beta established a chapter of the Kappa League, Kappa Alpha Psi's national mentor program, at nearby Windsor Forest High School. In addition, the chapter is affiliated with prestigious organizations such as the Martin Luther King Jr. Observance Day Association, the American Cancer Society, the NAACP, and the Salvation Army. Members of the chapter have been involved in such student organizations as the Student Government Association, Campus Union Board, Ebony Coalition, Economics Club, and the AASU Concert and Chamber Choirs.

Since the inception of the chapter, Omicron Beta has been focused on becoming the premier student organization at Armstrong Atlantic State University. The chapter's credits include an annual step show that has the distinction of being the largest student sponsored event in AASU history. Moreover, the chapter presents a yearly Kappa Week full of free activities for the student body. Each fall, the chapter presents the luxurious Krimson Kabaret at the Hyatt Regency's Harborside Center.

## Kappa Alpha Psi Celebrates 5 Years of Achievement at Armstrong

hope.

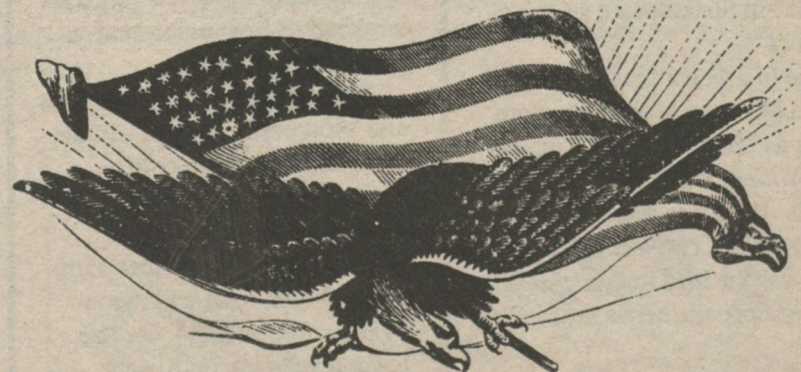
On October 31, 1997 the efforts of those who maintained hope and met the requirements were rewarded when their dream of being Kappa Men became a reality. Out of the interested candidates only three were initiated during the fall of 1997. Those founding members were Derrick Smith, who became the group's first President, Gregory Dorr, and Craig Lampkin. They were known as "Genesis", for they symbolized the beginning of Kappa Alpha Psi on their campus. They came into the bond under the chapter letters Iota Pi, the Kappa Alpha Psi chapter at nearby Georgia

Southern University.

As newly initiated members, the group set out to establish a chapter on Armstrong's campus. Knowing that it would take more than three members, they were determined to bring more young men into the bond. This would prove to be a difficult task and, in spite of the many obstacles they faced, the group persevered. And while the official chartering of a chapter would not occur for another year-and-a-half, the foundation had been set for the glorious future to come. These dedicated men would soon see the fruits of their labor.

Five years later, the vision of those

SEPTEMBER 11, 2001



WE WILL NOT FORGET.



## Music & Entertainment

### Bash: Latterday Plays Taking Over Savannah

markSAUNDERS  
Entertainment Writer

The Masquers are starting off their season with a bang, or more appropriately, a bash, which is the title to the first official fall production that the troupe is putting on. The play *Bash: Latterday Plays* is written by screen and playwright Neil Labute. Labute's film credits include *In the Company of Men*, *Your Friends and Neighbors*, *Nurse Betty*, and the soon to be released *Possession*.

Bash is a collection of three one-act plays which reveal that "good" people are not as nice as we would believe them to be.

The play, first published in 1995, was produced in 2000 by Labute with a cast that consisted of such great actors as Calista Flockhart, Paul Rudd, and Ron Eldard. Bash is described by the playwright as a "play about essentially good people who do some very bad things."

*Iphigenia in Orem* is the name of one of bash's trio of one-acts. The play is about a Utah businessman who confides in a stranger about the events that led to his daughters' death. James Seaborn, a senior in the AASU theater department, plays the part of both husband and father in the stand alone monologue. Seaborn was in the ensemble cast of *To Be Young Gifted and Black*. The senior is set to produce a video capstone this fall.

*Gaggle of Saints* sees a young Mormon couple separately recount the events around an anniversary weekend that is spent in New York. Kim Swale and Brad Twesme are the couple that retell the twisted events that make this anniversary one that neither will ever forget.

Swale is a junior at AASU and her credits include the lead in *Lysistrata* and "Maria" in Shakespeare's *Love's Labor's Lost*.

Twesme is a recent graduate of AASU and has been seen in the more recent role as "Brad" in *The Complete Works of William Shakespeare (Abridged)*. Brad was actually directed by Kim in *Complete Works* and, while she was the lead in *Lysistrata*, Brad played opposite her as the "Magistrate".

*Medea in Redux* rounds bash out with a young woman confessing her romance and relationship with her junior high school teacher.

Maureen Yasko plays the part of

the young woman trapped in an involvement with an older man. Maureen is new to the acting troupe, but not to the tons of sold out shows that Jenkins gave way to when Maureen was seen on stage singing her heart out as Sister Mary Hubert in *Nunsense*.

The show is directed this time around by another recent graduate of Armstrong's budding theater program, Tosha Owens. The first time director and long time lover of the stage was selected as an alternate for both the New York University and DePaul University graduate programs. Her acting credits include the hit *A Woman Alone*, in *Orgasmo Adulto Escapes from the Zoo*, and as "Betty" in *The Landscape of the Body*.

Bash runs for two weekends, opening September 20-22 at Savannah's place for Art, Culture, and Education (black box theater located at 9 West Henry Street at the Whitaker Street intersection).

The show closes at the Masquers home stage at Armstrong's Jenkins theater. All performances begin at 7:30 PM unless noted.

General Admission is \$6 with student, military, and senior tickets running at \$4, while AASU faculty, staff, and students are admitted free.

For more information, call the Masquers Infoline at 912.927.5354. The play contains adult content and language and is not suitable for children.

#### Get A FREE Preview!!!

Bash sneak previews with a weekend of free performances September 13-15.

Friday and Saturday (the 13th and 14th) performances will be at the Sentient Bean coffee-house, located at 13. East Park Avenue.

On Sunday, September 15th, at 11:00 AM, bash will moonlight for free at Bell's On The River restaurant, on Apache Road (Savannah's southside right behind the Armstrong campus).

### Music news & notes

#### Celebrating Five Decades Of Love Songs

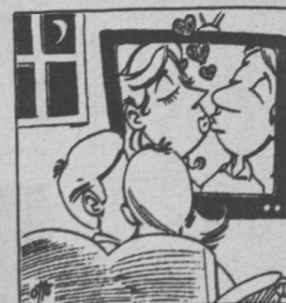
(NAPS)—A lot has changed over the past five decades—in music and on television, in particular—but one thing has remained constant: the power of a love song to capture the emotions and create special moments.

Virtually everyone who's ever been in love has a treasured memory of slow dancing to a classic ballad. In the 1950s, it might have been Fats Domino's "Blueberry Hill." The '60s saw women in the arms of Mr. Right, swaying to the strains of Mary Wells' "My Guy." The 1970s were marked by Gladys Knight proclaiming "You're the Best Thing That Ever Happened To Me," and Al Green offering this advice to lovers: "Let's Stay Together."

A new CD offers a look back at these and other romantic chart-toppers, serving as a splendid soundtrack for weddings, receptions, anniversaries, showers and other lovestruck affairs. *TV Guide Presents: Five Decades of Great Love Songs* is a compilation of 12 masterful recordings from the last 50 years—many of them tied into television events that marked specific eras in America's memory.

• "Unchained Melody," by the Righteous Brothers. Did you happen to catch *Ghost* on cable the other night? Patrick Swayze and Demi Moore made this '60s chestnut sizzle in the 1990s, with the help of a potter's wheel.

• "Lovin' You," by Minnie Riperton. More than 25 years after its release, this blockbuster (with unforgettable high notes) was in America's ears again—thanks to a



Love is in the air—and on TV—thanks to a new collection of romantic ballads.

memorable TV commercial featuring the Pittsburgh Steelers and the Visa Check Card.

• "How Do You Talk To An Angel," by The Heights. The song soared much higher than the TV series that spawned it. Trivia tidbit: One member of The Heights, Charlotte Ross, has gone to bigger and better things as Det. Connie McDowell on "NYPD Blue."

Other tunes included on the disc include Dionne Warwick's "I'll Never Love This Way Again," Natalie Cole's "I've Got Love On My Mind" and two '80s smashes: "Tonight, I Celebrate My Love," by Peabo Bryson and Roberta Flack, and Shalamar's "This is For the Lover in You."

*TV Guide Presents: Five Decades of Great Love Songs* (available from Q Records, which is owned and operated by QVC and distributed through WEA) will be in retail stores nationwide and at [tvguide.com](http://tvguide.com) on August 13.

### Inkwell Fall Deadline and Publication Schedule

#### Submissions Due

September 18  
October 5  
October 22  
November 5  
November 20

#### Publication Date

October 1  
October 17  
November 4  
November 18  
December 6

\*\* Publication dates are subject to change. Please note that submissions must be received by the listed date for insertion. Late submissions may be held over until the following edition.

For more information, contact 927-5351 or send your fax marked Attn. Inkwell to (912)921-5497. All staff members are part-time employees. hours vary. Please leave name and number and we will return your call as quickly as possible.



## Styx Comes To Savannah, along with Dishwalla and Cowboy Mouth

jasonADKINS

Staff Writer

On Friday, August 23rd, rock and roll super-group Styx played the Savannah Civic Center along with Dishwalla and Cowboy Mouth. Dishwalla opened the show with a good performance, which included some smooth, fast-paced rock tunes and some great acoustical songs as well. Dishwalla closed with their '96 radio hit "Counting Blue Cars" followed by a surprising cover rendition of "Tainted Love" by the eighties group, Soft Cell.

Next on stage was Cowboy Mouth, a band I hadn't heard of previously. To say that Cowboy Mouth is high-energy would be a gross understatement. The lead singer is also the drummer, an arrangement rarely seen in rock and roll bands. However, it works well for this band, with the lead singer/drummer located front-and-center on the stage. Wearing a black tank top, with the words "I'm in a promising local band" plastered on the front, this high-intensity drummer/singer led his equally talented band-mates through a barrage of hard-hitting, sometimes comical, always entertaining rock songs.

Hailing from New Orleans, LA, (which they made very well known) Cowboy Mouth gave the audience what I believe to have been a very pleasant surprise.

Styx took to the stage around 10 pm, welcomed by a roar of applause from the relatively small crowd. The audience in the Civic Center arena was probably just over one-third capacity, but that didn't stop anyone from having a great time. This being my first time seeing Styx, I was truly amazed at their exceptional stage performance and their invigorating energy. It was not difficult to see that these guys were having a blast playing together.

Styx front-man Tommy Shaw was in living color, along with his band mates, deemed the "current

incarnation of Styx" by the official Styx website, Styxworld.com.

"Friends, critics, and fans who have seen the recent shows have all been struck by the amazingly energetic performances of all the current band members. Joining Shaw and guitarist/vocalist James "JY" Young are former Styx member Glen Burtnik (who had replaced Shaw when he left the group in 1983 for a few years) on bass, Lawrence Gowan on keyboards and vocals, and drummer Todd Sucherman, who has been a member of the band since the untimely death of original drummer John Panozzo a few years ago," according to Styxworld.com. The cheers rarely subsided as the band ripped through many of their biggest hits, including "Come Sail Away," "Loreli," "Too Much Time on My Hands," "The Grand Illusion," and one of their newer songs "Criminal Mind," (which may be found on their newest album, "Brave New World,") just to name a few.

I was a little disappointed that Styx didn't play "Mr. Roboto," but after such an amazing show, I won't hold it against them. Excellent vocal performances, combined with screaming guitar licks, a powerful drummer, and superb showmanship made this one of the best concerts I that I have attended. At the end of the show one of the band members ran around the stage carrying a large American flag on a pole, and the band played their hit "Miss America." Roaring applause arose in the arena as the band finished the show and took a bow together.

All in all it was a great concert from start to finish, and a real treat for all present. Hopefully Savannahians will become even more supportive of big-name acts, so that we may be able to have more concerts such as this in the future. If you're not familiar with Styx, they have a "greatest hits" compilation cd, with many of their best songs included. You owe it you yourself to give them a listen.

## Current and Upcoming Events In Art, Music, & Theatre

**Savannah's Cultural Center on the Southside**  
([www.finearts.armstrong.edu](http://www.finearts.armstrong.edu) \* 912.927.5325)

**September 29:** AASU hosts the 4th Annual Southeastern Choral Arts Festival. AASU Singers and a special guest choir perform at 8:00 P.M. in the Fine Arts Auditorium. Free admission. Call 927.5325 for information.

**September 30:** Southeastern Choral Arts Festival concludes with the AASU Chorale and Choral Arts Festival Choir in concert at 7:00 P.M. in the AASU Fine Arts Auditorium. Free admission. Call 927.5325 for information.

**October 22:** AASU Wind Ensemble, In Concert, at 7:30 P.M. in the AASU Fine Arts Auditorium. Admission is free. Call 927.5325 for information.

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([skidmoda@mail.armstrong.edu](mailto:skidmoda@mail.armstrong.edu))

Be sure to ask about cost-defraying scholarships!

### WHO?

You, yes you, and bring your friends\*

\*this study trip is open to all applicants & is brought to you by special arrangement between the University of Southern Denmark and the International Program office of Armstrong Atlantic State University



The first practical battery was developed by Count Alessandro Volta in the 1790s.



# Campus Insider

## News & Events Around Armstrong

### Student Government Announcements

*melissa T. HEALY*  
Senator

Welcome back everyone to the start of a great year here at AASU. This year's Student Government Association is already off to an aggressive start. I'd first like to thank all those SGA members who attended this summer's retreat. It gave us an opportunity to plan our goals and objectives for the upcoming school year.

The Presidents Council will be sponsoring a luncheon on Tuesday September 10th at Noon in room 204 of the MCC Building. This luncheon is designed to discuss what each organization and club has planned for the year, distribute information on the Celebrate AASU Day event, and we will also work towards planning an Organization Fair for this year. This council is a fabulous way for

Campus organizations and clubs to effectively communicate with one another, as well as a chance to coordinate events. This will hopefully help to cut costs for all involved and promote more activities to relay to students all the things going on at AASU this semester. So let us know what your organization or club has planned!

Finally, the SGA Senate has many positions available for students who would like to volunteer on SGA standing committees, a Faculty Standing committee or other special committees. These positions are open to all of the AASU student body.

If you are interested please either call the SGA office at 912-927-5350, fax us at 912-927-5497 or email [sga@mail.armstrong.edu](mailto:sga@mail.armstrong.edu).

### MUSIC MEETS SCIENCE

#### Skidaway Marine Science Center Serves Up Fun For Free

The Skidaway Marine Science campus is sponsoring an open house at the north end of Skidaway Island.

The date is Saturday, September 14th from 1 p.m. until 6 p.m. Activities include two free concerts!! The first, at 1 p.m., will be a concert by the Skyelite Jazz Band from the Savannah arts Academy. At 5 p.m. the Savannah Symphony takes the stage. In between the concerts, enjoy tours of laboratories, demonstrations of oceanographic research equipment, interactions with live animals, marine videos, a nature walk with John "Crawfish" Crawford, face painting, children's games, and more. Plus... the world-famous Crabettes will perform at 3 p.m.

Bring a blanket or chairs and a picnic and join us for an afternoon of music and marine science.

All events are free and open to the public. For more information, call 598-2325 or 598-2496.

### STS September Workshops

#### Computer Tips and Tricks

Would you like to know more about how computers work? In this workshop, you will learn about the components, different storage media, and how to manage your files effectively.

Location: MCC Annex 103 (Tech Room)

Date/time: Thursday, September 5, 4:30-6:00 p.m.

Wednesday, September 25, 12:00-1:30 p.m.

#### Internet Search Engines: Expand Your Research Capabilities

In this workshop, you will learn strategies regarding how to navigate and search the Internet more effectively.

Location: MCC Annex 103 (Tech Room)

Date/Time: Monday, September 16, 12:00-1:30 p.m.

#### Microsoft Word

Learn the basics of how to create, edit, and format a professional looking document!

Location: MCC Annex 103 (Tech Room)

Date/Time: Thursday, September 19, 4:30-6:00 p.m.

#### Desktop Publishing with Microsoft word

Learn how to create professional-looking brochures, newsletters, and other publications with Microsoft Word.

Location: MCC Annex 103 (Tech Room)

Date/Time: Monday, September 30, 12:00-1:30 p.m.

**Register today!!!**

<http://www.sts.armstrong.edu>

### Secret Memo Details How GOP Has Written Off Georgia

A "confidential" Republican memo from Washington written by whip candidate Roy Blunt on August 1st of this year reveals the "blunt" truth about what Republican leaders feel about GOP Congressional candidates in Georgia—they have all but conceded the competitive races in Georgia to the Democrats. This secret memo demonstrates both the weaknesses of Georgia's Republican Congressional candidates and the strengths found in the candidates and messages of Georgia's Democratic congressional candidates.

"The secret memo from Washington tells us what many have known for a long time. The Republican candidates for Congress are lacking in both appeal and message," stated Georgia Party Spokesperson Chrissy Noonan. "In fact they are so weak that their own party has dismissed their chances for victory. We always knew their message and their policies were wrong for Georgia, now we know their ability to raise money is severely damaged as well."

In the August 1st "confidential" memo, Blunt offers insider information to donors and operatives in the form of a national "A" and "B" lists of key races. No race in Georgia makes the "A" list while Calder Clay of Georgia's 3rd District makes the "B" list of GOP candidates not targeted but worth "monitoring".

"With the primary season coming to a close, Democratic candidates in Georgia are leading and winning because of a strong message about families and communities, jobs and health care, protecting Social Security and building strong schools," added Noonan. "Our message resonates because our candidates stand with the values and issues important to our families. The GOP's secret memo speaks volumes to the failures of Georgia's Republican party and their candidates' failures to craft a winning message."

### Masquers

#### News

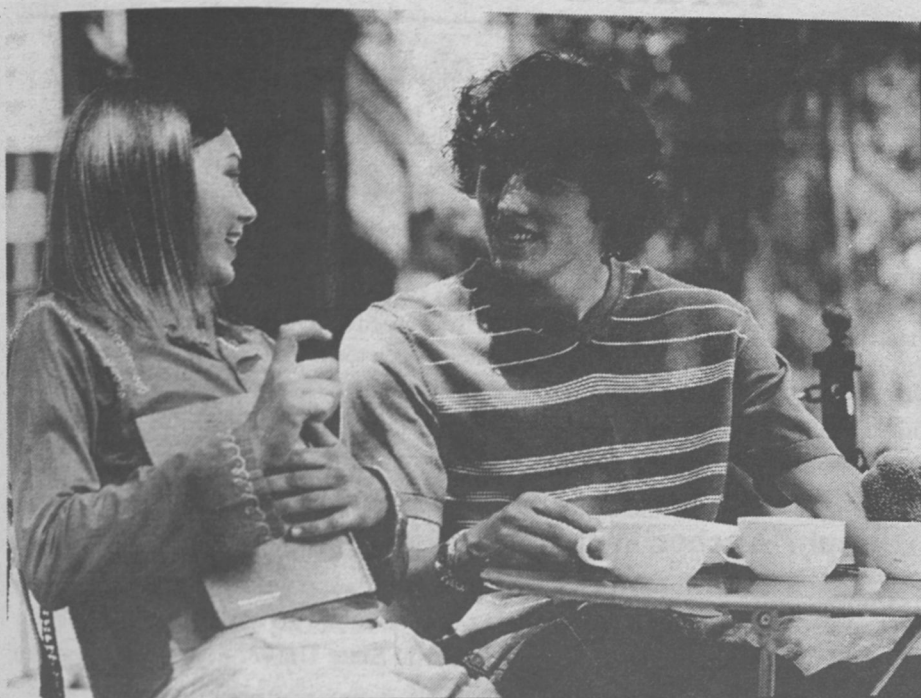


September 13-15, 20-22, & 27-29: AASU Masquers present Neil Labute's collection of three short psycho thriller plays titled *bash*, *latterday* plays at 7:30 P.M. Caution: this play contains discussions of objectionable material. Call 927.5354 or 927.5325 for ticketing information and play location.

October 3-5 & 10-12: AASU Masquers present "The Dawn Show", a night of improvisational theater directed by Dawn Peterson at 7:30 P.M. Call 927.5354 or 927.5325 for ticketing information.

October 25-27, 29: The AASU Masquers present "Tales O'Terror IX", an evening of tales of murder, mayhem, ghosts, and goblins. Friday through Sunday performances are at the splendidly haunted Flannery O'Connor Childhood Home, where reservations are a must. The Tuesday performance is at AASU's Jenkins Theater. All performances are at 7:30 P.M. Admission is free, but contributions are requested. Call 927.5325 for reservations.





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## Armstrong Atlantic State University 2002-2003 Men's Basketball Schedule

Date	Day	Opponent	Time
Nov. 29-30	Fri.-Sat.	2002 Eckerd College Tournament (St. Petersburg, Fla.)	
Nov. 29	Fri.	vs. Queens (N.C.)	5:30 p.m.
Nov. 30	Sat.	at Eckerd	7:30 p.m.
Dec. 4	Wed.	at Fort Valley State	7:30 p.m.
Dec. 7	Sat.	Clayton College & State	*7:30 p.m.
Dec. 14	Sat.	at Presbyterian	7:00 p.m.
Dec. 18	Wed.	Fort Valley State	7:30 p.m.
Dec. 20-21	Fri.-Sat.	2002 AASU/Chatham Orthopaedics Basketball Classic	
Dec. 20	Fri.	UNC Pembroke vs. Lenoir-Rhyne	4:00 p.m.
		AASU vs. Eckerd	8:00 p.m.
Dec. 21	Sat.	UNC Pembroke vs. Eckerd	4:00 p.m.
		AASU vs. Lenoir-Rhyne	8:00 p.m.
Jan. 2	Thurs.	Francis Marion	*7:30 p.m.
Jan. 4	Sat.	at Lander	*7:30 p.m.
Jan. 11	Sat.	at USC Spartanburg	*4:00 p.m.
Jan. 13	Mon.	UNC Pembroke	*7:30 p.m.
Jan. 15	Wed.	at USC Aiken	*7:30 p.m.
Jan. 18	Sat.	at Columbus State	*4:00 p.m.
Jan. 22	Wed.	at Francis Marion	*7:30 p.m.
Jan. 25	Sat.	USC Spartanburg	*7:30 p.m.
Jan. 29	Wed.	at Georgia College & State	*7:30 p.m.
Feb. 1	Sat.	at UNC Pembroke	*7:30 p.m.
Feb. 5	Wed.	Augusta State	*7:30 p.m.
Feb. 8	Sat.	Kennesaw State	*4:00 p.m.
Feb. 12	Wed.	at North Florida	*7:30 p.m.
Feb. 15	Sat.	at Clayton College & State *	7:30 p.m.
Feb. 19	Wed.	North Florida	*7:30 p.m.
Feb. 22	Sat.	Columbus State	*4:00 p.m.
Feb. 26	Wed.	Georgia College & State	*7:30 p.m.
Mar. 1	Sat.	at Kennesaw State	*4:00 p.m.
Mar. 4-9	Tues.-Sun.	at Peach Belt Conference Tournament (Columbus, Ga.)	

\* denotes Peach Belt Conference game

Bold denotes home game

## AASU POOL HOURS



### For Student/Faculty Recreation Swim

Mon.-Fri. Noon-1:30 p.m.  
Mon. & Wed. 5:00 p.m.-6:30 p.m.  
Tues. & Thurs. 7:15 p.m.-8:45 p.m.  
Sat. 10:00 a.m.-Noon  
Sun. 2:00 p.m.-4:00 p.m.

\* AASU I.D. Required

### Fitness Center Schedule Fall '02

Mon.-Fri. 6:00-8:00 a.m.  
Mon.-Thurs. Noon-9:00 p.m.  
Fri. Noon-8:00 p.m.  
Sat. 10:00 a.m.-3:00 p.m.  
Sun. 1:00 p.m.-5 p.m.

\*Must bring *CURRENT*  
AASU I.D.  
\*Must wear proper clothing  
(including shirt)

# AASU SPORTS

## AASU Volleyball Defeats Georgia Southwestern, 3-0

The Armstrong Atlantic State volleyball squad improved to 5-0 with a three-game victory over in-state rival Georgia Southwestern State on Wednesday evening in the Pirates' 2002 home opener. Game scores were: 30-12, 30-17, 30-19.

The Pirates spread the wealth offensively as 10 different players recorded at least two kills. Senior Sarah Haynes and sophomore Darcey Krug led AASU with seven kills apiece, while Georgia Southwestern State (1-4) junior Carly Shannon led all players with a match-high 10 kills. Senior setter Erin Melius recorded 39 assists for the Pirates and also tied her career high with eight service aces. As a team, AASU notched 16 service aces, reaching double digits in aces for the fifth time in five games this season, and the Pirates hit .358 for the match, compared to the Hurricanes' .025.

## Droppin' Anchor With the Pirates

chrisLANCIA  
Sports Writer

Another year, and it's time for the Anchor to make an appearance. This is where all things athletic at Armstrong Atlantic State University will be discussed, dissected, and talked about. And away we go...

AASU enjoyed many successes last year. The Lady Pirates tennis team finished #2 NCAA D-II, led by All American performances by Zsofi Golopencza, Michaela Kratochvilova, and Annamaria Forgacs. The golf team, in only its' second year back, made its' first ever NCAA Championships appearance and sent Nick Cowper to the individual NCAA Championships. The cheer-leading squad made a trip to the NCAA Championships, finishing 10th and setting the bar for a program which has begun to gain popularity and participation.

The Pirates baseball team was again one of the best in the PBC. Senior C David Harriman had a season to remember, compiling a 41-game hitting streak (longest ever in DII history and tied for 6th best at any level) and batting .412 to earn All American honors before being drafted by the Dodgers in the amateur draft. The team started out on a tear, including a win over Georgia in the Memorial Health Classic and moving all the way up to a #3 national ranking in DII.

Not to be outdone, the Lady Pirates softball team made some waves of its' own. Led by All Americans Annie Sells and Stacey Richardson, the Lady Pirates started out 17-1 and were ranked as high as #2 in the nation before finishing the year at #16. Richardson led the nation with 16 HR's, and Sells finished her career by earning her second PBC Player of the Year honor.

Coming off a season in which they finished 29-10 and made their second straight trip to the NCAA Championships, the Lady Pirates volleyball team started out the season with a perfect 4-0 record in their first week of action. They are not yet ranked, but have received votes in both the preseason and first regular season polls.

The Lady Rebels are led by a trio of All Conference players in Sarah Haynes, Erin Melius, and Sofie Hakansson. They also boast the return of all 11 players from a year ago. They will be a dangerous, experienced group expected to advance deep into the NCAA Championships for a third straight year.

Basketball season will also soon be upon us, and that brings a new head coach for the Pirates and renewed hope across the board. The men's team has signed eight new players, while the women's squad also boasts the addition of eight new players.

The Lady Pirates basketball squad will rely on senior C Zandrique Cason, a two-time All-PBC (Peach Belt Conference) selection. She is an early candidate for All American honors, and will be expected to lead a young team. Last season she averaged 15.6 ppg and 10.6 rpg to lead the first #6 seed to win two games in the PBC tournament.

The Pirates return only two seniors from a team that was a disappointment a year ago. New Head Coach Jeff Burkhamer comes to AASU following a role as the Associate Head Coach at Marshall. Senior G Dave Pisarcik will be expected to provide not only leadership, but also the steady scoring production that was envisioned when he signed with AASU. He averaged 8.6 ppg last year, but was inconsistent and unable to break through for the Pirates. His ability to produce will decide the direction this season will take. That's all for now from the Anchor, but stay tuned for a lot more. GO PIRATES!



# HEALTH NEWS

## It's Good To Know

### *The Ten Leading Causes of Death in the United States*

qasimahP.Boston  
Health Columnist

Everyone knows from Biology 101 that if something is alive it will surely die. Or maybe some of us think we will live forever! However, while we are in life we all should and most likely do want to live our best lives. How do we do that? Knowing and understanding what measures we can take to increase our quality of life can help us to live our best lives.

I discovered a good piece of information that made me think about life differently and that was the major causes of death that health agencies call, "The Ten Leading Causes of Death." What are they and why would anyone want to know what the ten leading causes of death are? Well, some of these causes of death are avoidable or preventable and controllable. Preventing some of these diseases will help you to avoid disability. Yes, you can actually prevent some of these causes of death from occurring so early in your life and prolong your years of healthy and quality life in many instances.

Take, for example, "diabetes." Some people call diabetes "sugar" or "sugar diabetes." According to the National Center for Health Statistics (NCHS) in 2000, diabetes was the 6th leading cause of death in the United States. Some cases of diabetes are preventable and controllable. As of 2000 the United States population was approximately 281 million according to the Census Bureau. Out of that number 68,662 people died in the year 2000, according to the NCHS.

The thing about diabetes that gives us something to ponder is that it can lead to other health conditions which decrease your quality of life. It is a disease that you definitely want to avoid if at all possible. When you know, you have a better opportunity to avoid or to create a circumstance for yourself that enhances your quality of life.

The ten leading causes of death in the United States, as reported by the NCHS, in the year 2000 are:

1. Heart Disease
2. Cancer
3. Stroke
4. Chronic Lower Respiratory Disease
5. Accidents
6. Diabetes
7. Pneumonia/Influenza
8. Alzheimer's Disease
9. Nephritis, nephrotic syndrome, and nephrosis
10. Septicemia

There are other disease that cause death, but this list shows the diseases that rank among the top ten causes of death in the United States. Again, it is good to know. Knowing gives you power and opportunity. You have the power and opportunity to make an impact on your own health as well as those who you inspire.

Join me in the next issue to find out if the Ten Leading Causes of Death in Savannah are the same as the rest of the United States.

## Clinical Research Coordinator Certificate Program Offered at AASU

Savannah, GA—Armstrong Atlantic State University is now offering a four-day clinical research coordinator certificate program designed to benefit nurses, allied health professionals, research coordinators, research data personnel, and those interested in clinical research. Clinical researchers work with human participants to test the safety and effectiveness of drugs and medical devices. This course will cover all the material needed to begin working as a coordinator in a clinical research facility.

The course will be offered from 9:00 A.M. to Noon and from 1:00 to 4:00 P.M. on the following dates: September 28 and October 5, 12, and 19. The course will be held in room 157 of AASU's University Hall. The cost is \$750, which must be paid before September 15 due to space limitations.

The program is sponsored by Armstrong Atlantic State University's Department of Nursing, Memorial Health University Medical Center, St. Joseph's/Candler, and Select Research Sites.

For more information or an application, contact AASU's Department of Nursing at 927.5302.

## Caffeine And Health

(NAPS)—Whether you're waking up to the aroma of freshly brewed coffee, enjoying lunch with a refreshingly cold soft drink or relaxing in the evening with a cup of tea, these daily pleasures often have a common ingredient—caffeine.



People have enjoyed foods and beverages containing caffeine for thousands of years. It is one of the most well-studied ingredients in the food supply. Even so, controversy and misperceptions about this food component continue.

Caffeine is a naturally occurring substance found in the leaves, seeds, or fruits of more than 60 plants. During the past two decades, extensive research has been conducted on the health aspects of caffeine consumption. Overwhelmingly, the research indicates that moderate caffeine consumption is safe for most people. A reasonable guideline for daily intake of caffeine is considered to be about 300 mg, which is equal to about three cups of coffee. Consumers with certain health problems may wish to consult with their physician or health care provider about caffeine consumption.

The amount of caffeine in various products can be found on many company Web sites and through company 800 numbers.

To learn more, visit the Web site of the International Food Information Council Foundation at <http://ifc.org>.

## HEALTH FACTS & FIGURES

### Identifying Migraine: Knowing The Signs And Solutions

(NAPS)—A common myth about migraine is that it is just a bad headache. Sufferers need to be educated about the disease because migraine can be effectively managed.

But migraine is not a simple illness. In fact, if you or someone you love experience migraine, you may feel like it takes control of your whole life.

Ask yourself these questions to determine if you suffer from migraine:

- ✓ Do you experience throbbing or pulsating on one side of your head?
- ✓ Are you sensitive to light and/or sound during your headaches?
- ✓ Do you feel nauseous during onset of your headaches?
- ✓ Does your headache often cause you to cancel daily activities?

If you have answered "yes" to one or more of these questions, you may be experiencing migraine. Talk to your healthcare professional about migraine treatment to manage the pain.

For more information on how to treat migraine, contact the American Council of Headache Education at 800-255-ACHE or visit [www.achenet.org](http://www.achenet.org).



This public service message was made possible by an unrestricted educational grant from AstraZeneca. Visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com).





## CAMPUS CONCERNS ♦

## CAMPUS CONCERNS ♦

## CAMPUS CONCERNS

## Be an AASU Team Member! Support America's WALK for DIABETES

*Saturday, October 19, 2002*

*Savannah, Georgia*

*Start/Finish: Forsyth Park*

*Sign up for the AASU team in the Graduate Office of the Administration Bldg. 101*

*This year's event will feature a 10K run to take place simultaneously with the walk, breakfast, lunch, activities for children, and LIVE MUSIC!*

*Free massages, health screenings and health-related literature will be available for participants.*

*If you cannot participate in this event, please consider sponsoring the AASU team or an AASU walker.*

*See the following web site for facts about diabetes:  
<http://www.diabetes.org/walk/facts/fd1.asp>*

**TOGETHER WE'LL FIND A CURE!**



*For more information  
please contact:*

**Dr. Teresa Winterhalter**  
921-5632

**Dr. Nancy White**  
921-5638

## WOMEN'S STUDIES

**Armstrong Atlantic State University**

*Women's Studies* is an interdisciplinary field of inquiry that examines women's roles, achievements, and experiences, both historically and across cultures.

*Women's Studies* brings to light valuable information about women in the family and at work, in the arts, in politics, and in the sciences--information that traditional scholarship has overlooked.

*Women's Studies* explores the relationship between cultural definitions of feminine behavior and the realities of women's lives. It considers the ways class, race, ethnicity, and age shape the female experience.

*Women's Studies* examines the ways in which gender--our notions of masculinity and femininity--is socially and culturally constructed rather than determined by biology alone. Uniting all Women's Studies inquiry is the effort to understand and explain the inequality between men and women and to envision change.

**CONVENIENT**—  
That's how Melanie Parker describes the Georgia Tech Regional Engineering Program (GTREP).

This Savannah native describes herself as a homebody, despite a schedule packed with competing softball and volunteer work. What Melanie means is that she wants to build her future in her hometown.

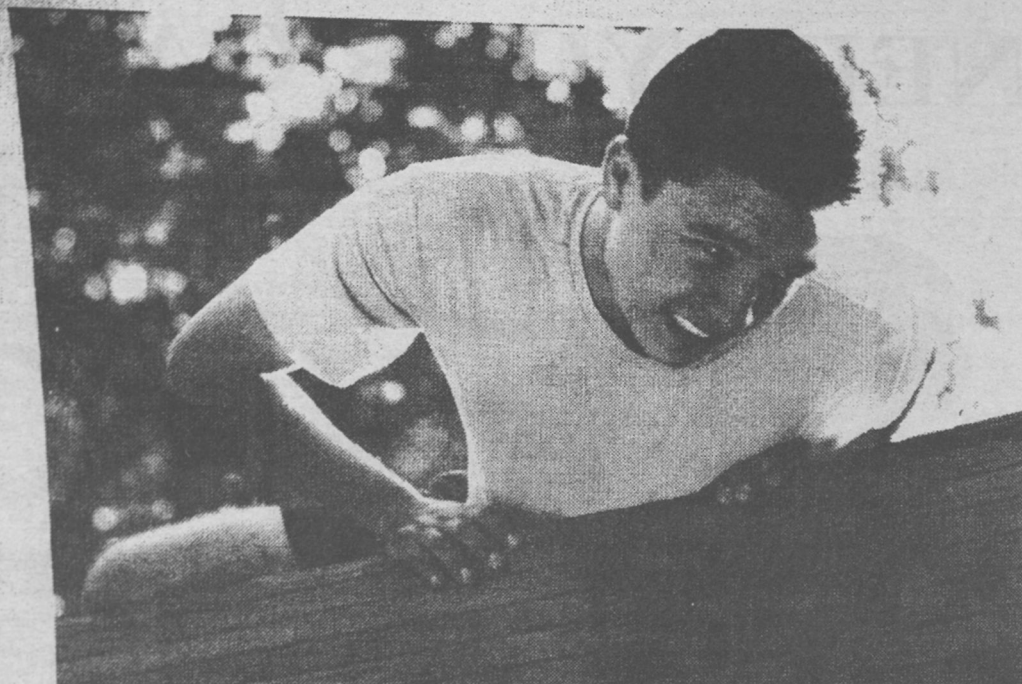
That's why GTREP's real-time classes enhanced her 21st century educational technology and perfect for her. Melanie will enter Georgia Tech University and earn a Georgia Tech engineering degree without leaving Savannah. GTREP can help you do the same.

**Georgia Tech** **Regional Engineering Program**

*Innovative Education—Hometown Location*

For more information visit [www.gtrep.gatech.edu](http://www.gtrep.gatech.edu)





we throw all kinds of  
**[obstacles]** at you.  
tuition isn't one of them.

Sheer cliffs, rope bridges, final exams. With obstacles like these in your way, tuition's the last thing you should have to worry about. But if you qualify, you can get a 2- or 3-year Army ROTC scholarship that'll help make life easier over the long haul. *Talk to your U.S. Army ROTC representative. And get a leg up on your future.*

**ARMY ROTC** Unlike any other college course you can take.





# ENGINEER YOUR CAREER



GULFSTREAM - THE WORLD STANDARD™ IN BUSINESS AVIATION

## GULFSTREAM AEROSPACE CORPORATION

*is pleased to announce a unique career opportunity made possible by a partnership with the State of Georgia's Intellectual Capital Partnership Program (ICAPP).*

If you are interested in an electrical engineering degree and a career in aviation electronics, you may apply and be selected for the newly created Gulfstream – ICAPP program, a cooperative effort between Gulfstream, ICAPP, Armstrong Atlantic State University, Georgia Southern University, Savannah State University, the Georgia Institute of Technology, and the Georgia Tech Regional Engineering Program (GTREP).

- *Earn a Georgia Tech electrical engineering degree with an emphasis on aviation electronics – delivered by GTREP and partner institutions with coursework in the Savannah area.*
- *Join a company named the best managed aerospace company in the industry with an increasing demand for electrical engineers.*
- *Students may receive up to \$10,000 in work cancelable loans.*
- *Secure a job at Gulfstream upon successful completion of the program.*

For more information:

[www.gtrep.gatech.edu/icapp.html](http://www.gtrep.gatech.edu/icapp.html)

THE WORLD STANDARD™  
**Gulfstream®**  
A GENERAL DYNAMICS COMPANY



# TUCKIN' DA DUBS IN Y2K3

**danWARD**  
Assistant Editor

So what you have 20's on a truck with dual exhaust and some boom behind the seat, so what. If you want to be recognized as that sweet truck people flock around when you stop, you have got to spend tons of cash. I'm talking about tons. Sport trucks in Y2K2 are now sophisticated hot rods

with more electronic gadgets than the original space shuttle. TV's, DVD players, PS2's, HID lights, neons and more horsepower than a heard of Budweiser Scottsdales are typical of Sport truck bad boys.

I don't have enough money to do anything to my truck, but if you are one of the lucky ones that can, here is the biggest and best products for the Sport truck world.

## The top three things to look out for in 2003:

3. Fast and Faster, everybody is going to be faster.
2. Flames and Tribal patterns everywhere, trust me!
1. Factory equipped trucks burning more tire smoke than all the import wanna-be's in Savannah!

## Engine:

**Superchargers** are becoming the norm. The once almighty pinnacle of 400 horsepower is now just a bolt on away from reality. If you go this route, don't forget the intercooler.

[www.vortechsuperchargers.com](http://www.vortechsuperchargers.com)  
[www.whipplesuperchargers.com](http://www.whipplesuperchargers.com)  
[www.magnacharger.com](http://www.magnacharger.com)  
[www.powerdyne.com](http://www.powerdyne.com)  
[www.paxton.com](http://www.paxton.com)

**NOS**, go ahead and spray some go-go juice into your investment. I think we all need a little shot in the arm from time to time, why not your truck too. Be careful though, most manufacturers recommend no more than a 75-shot on stock internals, oh yeah and it will void your warranty!

**Turbos**- you won't hear much about turbos on trucks except for those stank smelling diesels but if you have one, upgrade! Bigger injectors, turbos and intercoolers will turn your tow truck into a go truck!

[www.nos.com](http://www.nos.com)  
[www.nitrousexpress.com](http://www.nitrousexpress.com)  
[www.zex.com](http://www.zex.com)  
[www.nitrousworks.com](http://www.nitrousworks.com)

**Dress-up kits** are huge on the show circuit and make your engine bay look great. Whether in chrome or in paint-matched colors, the engine should not be ignored. Don't forget to keep those messy wires grouped together, details make the difference.

[www.hosetechniques.com](http://www.hosetechniques.com)

## Lighting:

I love lighting and I love to see where I am going. HID lighting is the best new headlight technology around and now there is HID stage 2. The best new headlight technology around and now there is HID stage 2. The ballast and harness are separate to dissipate heat and allow the bulbs to burn at 6100 degree heat. This means instead of a bright white light you get a bright purple/blue light that makes everything on the road appear.

Projector lights and fog lights are still as big as ever so if you don't have any yet, what are you waiting for? For those of you with euro tails (don't worry I have them too) get ready for a new taillight design to come out shortly, and no I won't tell you what kind.

[www.hids4less.com](http://www.hids4less.com)  
[www.piaa.com](http://www.piaa.com)

[www.hella.com](http://www.hella.com)  
[www.4apc.net](http://www.4apc.net)



## Announcing the 1st annual AASU best car and truck competition.

Competition to be held throughout the month of September for all AASU students.

Prizes and awards will be given out for 1st through 3rd place on October 5. Car and truck divisions are included.

Please send name, car/truck type with pics to [theautoauthority@mail.com](mailto:theautoauthority@mail.com) or drop them off in the Inkwell drop box next to room 202 in the MCC.

## Wheels:

I have always said bigger is better and biggest is best. Rumors are out that 26 inch wheels are on the verge of hitting the market. Think about this: a four-door 'Burban sporting 26 inch wheels that cost more than 3 years at AASU. Yes, it will be a reality and no unfortunately I won't have any! So start saving today and get that torch ready to cut out the wheel wells; bigger is better.

[www.tires.com](http://www.tires.com)  
[www.victoriatiire.com](http://www.victoriatiire.com)  
[www.wheelmax.com](http://www.wheelmax.com)

## Intake/Exhaust:

Current engines are more potent and efficient than ever, so even the smallest bolt-on can give big power gains. Intakes and exhaust are the top two bolt-ons each truck should have. Providing more and cooler air-flow will allow the engine to run stronger due to the denser air combining with the proper ratio of fuel. The sound a good, quality intake makes while accelerating is worth the money alone but add to that a typical gain of 5-9 RWHP, this mod is a must. To help the engine breathe easier after forcing more air into those combustion chambers, the exhaust system has to be upgraded. Larger diameter piping, less restrictive mufflers and bigger exhaust tips will help increase air-flow while increasing horsepower and give your ride a deeper tone. Take my word for it; "perform this bolt-on and enjoy the results."

[www.knfilters.com](http://www.knfilters.com)  
[www.airaid.com](http://www.airaid.com)  
[www.volant.com](http://www.volant.com)  
[www.4apc.net](http://www.4apc.net)  
[www.jbaheaders.com](http://www.jbaheaders.com)  
[www.borla.com](http://www.borla.com)  
[www.flowmastermufflers.com](http://www.flowmastermufflers.com)  
[www.gibsonperformance.com](http://www.gibsonperformance.com)



## Forgotten Heroes of 9/11

*On the anniversary of the Sept. 11 attack on our way of life justice demands that we acknowledge an overlooked hero: the businessman.*

**onkarGHATE**

*Op/Editorial Writer, Ayn Rand Institute*

Fittingly, in the wake of September 11, there is increased appreciation of the vital importance of our police and our military in defending us against attack.

But the terrorist assaults should have also underscored the crucial role of another group of American heroes. The deeds of those individuals, unfortunately, continue to go unrecognized.

Remember that as admirable as our men in uniform are, we would be better off if their courage were not needed—i.e., if there were no criminals to jail or foreign aggressors to defeat. Their actions derive meaning from the values they dedicate themselves to protecting—the values commonly described as the "American way of life." But what is that exactly—and who is responsible for creating it?

To those who caught even a glimpse of daily life in Afghanistan, the contrast to life in the United States is shocking. In that primitive country there are few cars or paved roads, no shopping malls or bountiful grocery stores, virtually no high-rises, little in the way of entertainment—be it television or movie theaters or concert halls—few hospitals, no high-tech devices. What there is, in abundance, is the backbreaking labor of a subhuman existence. Unlike America, Afghanistan has scant material wealth and virtually no industrialization.

Why? What explains this lack? Only one factor: the absence of freedom.

Afghanistan has been a country without liberty. Its citizens had no right to think for themselves: their "thoughts" were dictated by the Taliban. They had no right to property: what meager goods they managed to produce

was loot for the nearest warlord. They had no right to pursue their own happiness: their lives were supposed to belong to God and to the state.

The American way of life is, fundamentally, a life of individual liberty. Devoid of the freedom that America's men in uniform safeguard, Afghanistan lacked the type of person who flourishes only under freedom: the businessman. It is the free mind of the businessman that raises the capital and creates the methods by which the discoveries of science are transformed into commercial products.

It is the businessman who invents assembly-line production and turns the automobile from a curiosity into a necessity. It is the businessman who figures out how to deploy the latest discovery in chemistry into a fertilizer that boosts agricultural yields. It is the businessman who coordinates and directs vast amounts of capital and labor in order to build transcontinental railways, colossal dams, ocean-hopping passenger planes, and electrical generating stations. It is the businessman who is among the first to recognize the value of innovations, patiently waiting for others to see what he has seen—and so builds an IBM or a Microsoft, which raises everyone's standard of living.

The businessman is the one who devotes his mind to producing wealth. The businessman is the creator of the American way of life—a life of prosperity and progress made possible by freedom. Without his present and past actions, our daily lives would resemble the dismal existence of the Afghans.

The terrorists, who in their words "love death like Americans

**"Do not be afraid of those who kill the body but cannot kill the soul." (Matthew 10:28)**

**Contact 9-11justice.org to learn what you can do to help in the fight against terror!**



**I WANT YOU  
TO SPREAD THE WORD  
*We will NOT negotiate  
with terrorists!***

**ACTION FOR JUSTICE, NOT APPEASEMENT**

love life," understand the connection of business to life. That is why they struck at the symbols of commercial success: the skyscrapers of the World Trade Center. It is time we grasp that same connection.

Rather than denounce businessmen whenever the price of gasoline rises (and, when it falls, take that as proof that the price was too high in the first place)—rather than habitually cast businessmen as the villains in our TV shows and movies—rather than smear all businessmen for the dishonesty of a few who want to get rich not by production, but by fraud—we should praise the producers.

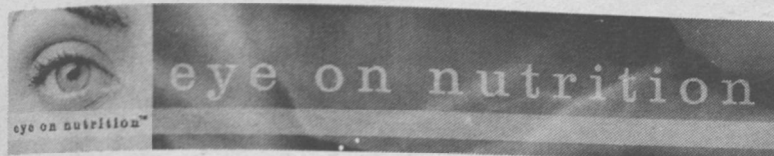
The attacks of September 11

have made people more acutely aware of the value of the American way of life—and of those who defend it. But the many businessmen who perished on that date, and their thousands of brothers-in-spirit who survived, are the individuals who make that way of life a daily reality.

In justice, as we commemorate the anniversary of that tragic day, should we not also pay tribute to these heroes?

Onkar Ghaté, Ph.D. in philosophy, is a resident fellow at the Ayn Rand Institute in Irvine, Calif. The Institute promotes the philosophy of Ayn Rand, author of *Atlas Shrugged* and *The Fountainhead*.





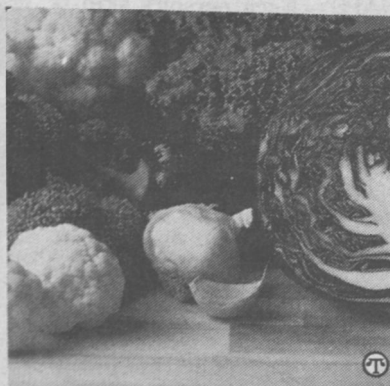
## The Importance Of Watching What You Eat

(NAPS)—Having a little foresight today can help save you from vision problems down the road. For example, something as simple as keeping an eye on your diet may help you avoid cataracts and age-related macular degeneration (AMD)—the leading causes of visual loss and blindness in the United States.

Approximately 10 million people suffer from early signs of AMD and almost half a million people have significant and irreversible visual loss from late-stage AMD. In addition, cataracts, which can cause vision loss and even blindness if left untreated, are the most common cause for surgery in the U.S.

Several studies suggest diet may play a significant role in protecting against cataracts and AMD. The antioxidants lutein, zeaxanthin, beta-carotene and vitamins C and E plus the mineral zinc may offer protection against these conditions. These nutrients can be found in fruits and vegetables such as oranges, cantaloupe, kale, spinach and corn, as well as nuts, oysters and liver. In addition, these nutrients can be obtained through dietary supplements.

Now a new tool featured on the American Optometric Association Web site called Eye On Nutrition™ can let you see if your diet is eye-friendly. This easy-to-use, online tool can tell people if their diet



**Eating plenty of vegetables may help you avoid cataracts and age-related macular degeneration—the two leading causes of blindness in the U.S.**

contains the nutrients needed for good eye health. In addition, it can help people evaluate their risk for eye disease.

Eye on Nutrition asks questions about eye health history (has anyone in your family been diagnosed with AMD?), certain health behaviors (do you smoke?) and diet. After users answer the questions, Eye On Nutrition analyzes how “eye healthy” their diet is. The program also gives tips on how to improve or maintain nutritional intake, as well as certain behaviors to help protect eyes from cataracts and AMD.

For more information, visit [www.aoa.org/EyeOnNutrition](http://www.aoa.org/EyeOnNutrition).

## Lifestyle Changes Point To Healthy Weight Loss

(NAPS)—There may be good news for many people who feel they have a fat chance of being slim.

The key to healthy weight loss is changing your lifestyle, says nutritionist and dietician Gayle Reichler, MS, RD, CDN. “Fad diets and starving yourself just do not work. The key is changing your lifestyle. I always recommend to my clients that they find a balanced meal replacement program that still allows them to enjoy the foods they love.”

Here are some healthy tips for choosing a meal replacement program:

- **Make it easy.** Look for a comprehensive program that fits into your lifestyle, such as one that does not require counting calories or fat grams or weighing food.

- **Taste, taste, taste.** A balanced meal replacement program should have products that taste good. If it is labeled chocolate, it should smell, chew, and taste like chocolate.

- **Variety.** Look for a program with a lot of choices. No one wants to eat the same meal every day. A wide range of flavors will allow you to mix and match bars and shakes over the week to avoid boredom.

- **Convenience.** The program must be convenient. A meal that needs to be microwaved can't be used if you don't have access to a microwave at lunchtime.

- **Treat yourself.** Everyone



**Dieters should choose meal replacement products that give them the most taste, variety, and convenience.**

needs a snack now and then. Pick a diet program that offers healthy snack options.

- **Support.** Anyone who is dieting needs support to change eating habits and help lose weight.

One balanced meal replacement program that meets these requirements is SlimWell, the newest introduction to the Avon Wellness line. In addition to the SlimWell meal replacement bars and shakes, Avon has also created a complementary wellness program called The New Me. This program provides eating, exercise, and stress management tips, and incorporates other fitness products and tools into the overall SlimWell plan to encourage a healthy lifestyle.

For more information about SlimWell and the New Me Program, call 1-800-FOR-AVON or visit <http://www.avon.com> on the Internet.

# HEALTH NEWS

## Shedding Pounds With Your Pet

(NAPS)—Have you got a pudgy pooch? Is your kitty a little too fat of a cat? If the answer is “yes,” it's important to help your furry friend lighten his load—and you may want to watch your weight while you're at it.

Doctors say over 60 percent of American adults are overweight and 50 percent of the pet population is too. Is there a connection between overweight pet owners and heavy-set pets? Experts say there may be.

“From what I've seen, if you have a lifestyle conducive to being overweight, chances are your dog or cat does too,” says Dr. Jennifer Jellison, DVM of Minerva Park Veterinary Clinic, Columbus, Ohio. “People should know the Surgeon General's warning about the risks of being overweight applies whether you've got two legs or four.”

To help combat this weighty issue, the Wellness Institute and Hills, the company that makes Science Diet pet food, launched People and Pets Exercising Together (PPET). The initiative is a weight-management program for both pets and pet owners. The program recommends people dine with their pets, exercise with them and hit the scales at weigh-ins together. The program is based on the belief that it's easier for people to lose weight when they have a diet and exercise partner.

“There's a lot of clinical evidence that suggests people are more effective at losing weight and maintaining that weight loss when they do it with a friend or companion,” says Dr. Robert Kushner, director of the Wellness Institute, Northwestern Memorial Hospital.



**Both you and your faithful companion can benefit from exercising together.**

PPET recommends these tips for getting in shape with your pet:

- **Make Exercise Fun.**—In addition to daily walks, keep pets active by playing fetching games with dogs or buying “hunting toys” for cats.

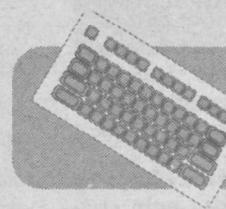
- **Don't Force It.**—If your pooch is frightened of running next to your bicycle, don't make him. Find an activity you both can enjoy.

- **Balance Your “Food Checkbook.”**—Monitor your weight and your pet's weight regularly. The results can be encouraging.

- **Work Your Way Up.**—Human and pet athletes need gradual conditioning to slowly strengthen joints, muscles and footpads.

- **Set A Pace.**—Go at a pace you both can enjoy. Remember, if Fido shows signs of fatigue, slow down.

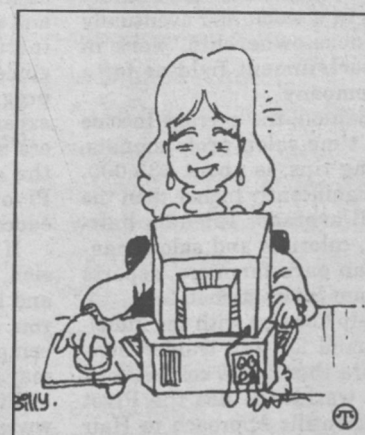
For more information visit [www.petfit.com](http://www.petfit.com).



## Web Watch

(NAPS)—Parents facing the daily dilemma of how to feed their children a well-balanced diet have a new tool in their arsenal—peanut butter. Peanut butter can deliciously combat the picky eater, conveniently meet the protein needs of a child who doesn't eat meat and effectively smooth over parent-child power struggles at meal times. Packing a powerhouse of nutrients it contains natural sources of vitamin E, folate, niacin, zinc, magnesium and phosphorus. For peanut butter recipes, visit the National Peanut Board Web site at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

The National Highway Traffic Safety Administration has adopted Standard 213, specifying requirements for child restraint systems in cars. The Right Start, a leading retailer of baby products, and Zany Brainy, which carries high quality and safe toys for children, created “Give Safety a Boost,” an informational pamphlet



on everything parents need to know about buying and installing child safety seats. Booster seats compliant with Standard 213 are now available at Zany Brainy stores. Parents can learn more about child safety seats in “Give Safety a Boost” available at Right Start and Zany Brainy stores or by visiting [www.rightstart.com](http://www.rightstart.com) or [www.zanybrainy.com](http://www.zanybrainy.com).





## BEAUTY & SKIN CARE



## Career Opportunities

### The Beauty Of A Styling Career

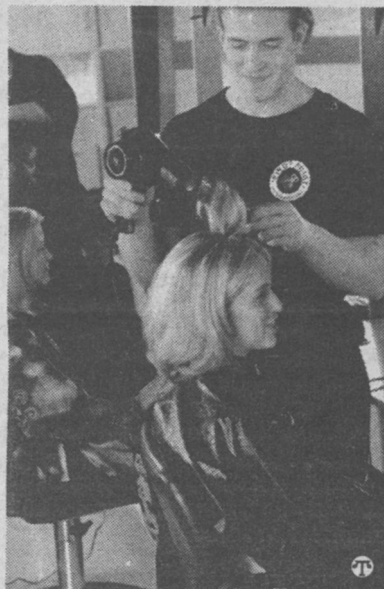
(NAPS)—The demand continues to grow for cosmetologists who can cut it in today's fast-paced salons and spas. According to the leader in cosmetology education, at least 15,000 new cosmetology positions are available each year. The demand is expected to continue due, in part, to aging baby boomers (including men) and increased emphasis on looking and feeling good at every age.

The beauty of cosmetology as a career is anything but "skin deep." It's a comprehensive field of study that includes the fundamentals of hair cutting and styling, nail technology, esthetics for skin care, massage, makeup, communications and business management. It is a profession where there is almost always a demand for creative individuals with the right skills.

For a licensed cosmetologist, the options are virtually endless. By choosing a progressive cosmetology school for training, you learn the skills required to perform complete beauty services, skills that can lead immediately to a job in a salon and eventually to business ownership, work in the entertainment field or for a major company.

In addition, the average income for full time salon professionals, including tips, is about \$38,000. That's significantly higher than the national average. Talented hairstylists, colorists and salon managers can earn far more, reports Pivot Point International, Inc.

To help keep up with the industry demand for well trained stylists, more than 2,000 cosmetology schools worldwide use the Pivot Point Scientific Approach to Hair



**Income for full-time salon professionals is significantly higher than the national average wage.**

Design, an in-depth system of education designed to help students meet and exceed licensing and entry level needs. The system includes textbooks and study guides, video and interactive DVD programs, hands-on training by experienced instructors and teachers' support materials that ensure the quality and uniformity of a Pivot Point-based cosmetology education.

If creativity and self-expression, combined with job stability and satisfaction, are important to you, a relative, or a friend considering a new career, cosmetology may lead to a more beautiful life.

For more information visit [www.pivot-point.com](http://www.pivot-point.com).

## Skin Care for Every Body

### Different Skin Types Often Have Different Needs

(NAPS)—Each person's skin is unique and deserves special attention. Although certain skin types may need a more thorough skin-care regimen than others, every type requires proper care and protection to maintain healthy, younger-looking skin.

For example, people think that having darker skin means not having to worry about sun damage. "In fact, due to late detection and misdiagnosis, darker-skinned women have worse cases of melanoma than women with lighter complexions," explains Dr. Susan Taylor, director of the Skin of Color Center of St. Luke's Roosevelt Hospital Center in New York. "Another difference is that these non-Caucasian women have more facial oil, yet less moisture in their body skin. In general though, we all need to pay extra special attention to the products we use on our face and body."

Following is some expert advice on how to meet different full-body skincare needs:

- African-American body skin tends to be dry and ashy. Begin treating skin in the shower using a gentle, moisturizing body wash. Olay Complete Moisturizing Body Wash for Dry Skin contains petrolatum and other moisturizers that help seal moisture into the skin.

- Caucasian skin may be more sensitive to irritation by cosmetics and moisturizers. Using a fragrance-free daily UV moisturizer such as Olay Complete UV Protective Moisturizer, minimizes the chances of an adverse skin reaction and protects fair skin from sun damage.

- Hispanic skin can be susceptible to uneven pigmentation. To make sure that the skin glows,



**The color of your skin often makes a difference in choosing a skincare regimen.**

use an anti-aging moisturizer such as Olay Total Effects Body Visible Anti-aging Moisturizing Treatment. This unique moisturizer is designed to help even out skin tone and reduce the appearance of pigmentation and age spots all over the body.

- Asian skin often needs an oil-free moisturizer for the face to minimize shine throughout the day. Olay Oil Free Active Hydrating Fluid absorbs quickly into the skin, and offers essential moisture without any greasy residue.

For more information on Olay skincare products, visit [www.olay.com](http://www.olay.com).

### Breathing Your Way To Lower Blood Pressure

(NAPS)—For millions of Americans, lowering high blood pressure may now be as simple as breathing in and out.

That's because RESPeRATE, the first non-drug medical device clinically proven to reduce high blood pressure without side effects, recently received clearance from the Food and Drug Administration for the treatment of high blood pressure.

The device lowers blood pressure by guiding users through therapeutic breathing exercises. Based on scientific research, these exercises result in a significant and sustained reduction in blood pressure with regular use when used in addition to blood pressure medication. These therapeutic breathing exercises are difficult to perform without the interactive, personalized coaching that RESPeRATE provides.

The device, about the size of a paperback book, is battery operated and can be used anywhere. Users place an elastic belt with a respiration sensor around their torso, above the clothing, and wear standard headphones during the exercises.



**Guided breathing exercises can lower blood pressure.**

The user's breathing rate and pattern is analyzed and he or she is guided through a therapeutic breathing exercise that effortlessly slows the breathing from a normal rate of 14 to 18 breaths per minute to the "therapeutic zone" of less than 10 breaths per minute with prolonged exhalation.

While breathing returns to normal after each session, the beneficial effects on the blood pressure accumulate and result in sustained blood pressure reductions over time.

For more information, visit [www.resperate.com](http://www.resperate.com) or call 1-800-509-2426.



## Editorials

The  
Ups  
and  
Downs  
of  
Armstrong

**danWARD**  
Assistant Editor

Congratulations to  
Armstrong for a  
record enroll-  
ment and

credit hours this semester. Like most things, good news is hit hard with bad news. More students, more classes and less money, huh? Its true, this semester AASU was hit hard with a 1.7 million dollar budget cut. Think about how much money that is and then think of all the extra perks Armstrong is trying to give it's students and faculty. New buildings, new decorative items all over campus and less money to provide these things with.

A plan of action is already underway to save and cutback as much money as possible why still giving each student the most one-on-one attention Armstrong is famous for.

A common myth is the more students (head count), the more money. Actually, the more credit hours attempted by the students, the more funding allotted for the univeristy. This why full-time students are so vital to Armstrong and this is why this semester is such an important one for Armstrong.

So the next time you see the Armstrong Compass, stand tall and proud you are attending a growing and exciting university.

### Thoughts of a Graduating Senior

#### What if?

What if I graduate  
and can't find a job?  
What if I am stuck  
in Savannah forever?  
What if I don't have any answers?  
What if I fail?  
What if I say no but mean yes?  
What if I stop asking what if?  
What if?

-Dan Ward

### AT YOUR SERVICE... Places You Should Know at AASU

**The Office of Academic Orientation and Advisement**  
*Room 211 Lane Library*  
**912-921-5465**

If you are entering college without a specific major in mind, you are "undeclared" until you make that decision. No need to worry, you are not alone. Nationally, as many as 35% of incoming freshman are "undeclared" when entering college.

Students who wish to learn more about Armstrong Atlantic State University and the majors offered here can decide not to declare a major upon admission.

The Advisement Office is "home base" for the nearly 1,500 AASU students who are undecided about their major. Most students realize that undecided majors visit the Advisement Office during advisement and registration periods. Many students don't realize, however, that any student can visit the Advisement Office at any time and for reasons other than getting registered for next semester's courses.

Deciding what to major in and, in effect, what to be when you grow up (or grown up even more) is often one of the most difficult decisions college students face. What makes this decision even more difficult are the barriers that students encounter along the way. "My son's day-care closed so I have to drop psychology" is a typical situation for the parent attending college. Another situation the Advisement Office advisor comes across may be a student who has earned a D in Biology, and has come to realize that he or she may not be interested in a Pre-Medicine major anymore.

Every roadblock opens up an alternate route, and Advisement Office advisors are experienced map makers. Sitting down with a faculty advisor, face to face, helps students, both young and experienced, come to terms with their skills and interests. Sitting down with a faculty advisor, one on one, helps students discover options and campus resources they never knew existed. Sitting down with a faculty advisor, person to person, is the first step toward reaching academic goals. If you or a student you know needs support or guidance, consider the Advisement Office during a break between classes.

### CALLING ALL WRITERS!!!

*Like to attend sporting events?  
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